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HOMEMAKERS' CHAT
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U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "A Meat Story in Cereal Form" Information from Office of Marketing Services, War Food Administration.

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Those of you who have men folks that have been in the habit of eating meat once or twice a day are probably having your problems now...giving your meals that desirable meat flavor. Instead of looking about for the unusual you may find one solution right there on your own pantry shelves. If you have oatmeal, cornmeal, and wheat flour you have the makings of many a dish...a dish that won't take much meat, yet it will help satisfy that meat appetite.

For instance, consider the possibilities in a box of oatmeal. When you cook oatmeal for breakfast cook a little extra. Then when mealtime comes grind or dice whatever cooked meat you have, brown it slightly in a little fat, and combine the meat and oatmeal with a little chopped onion or green pepper perhaps. Be sure to season the mixture well before you make it up into little flat cakes. Dip them into beaten eggs and brown them slowly in the same skillet in which you browned the meat. Your family may like a spoonful of gravy or tomato sauce served over the patties.

Here's another suggestion...far from new...but a reminder if you have forgotten the old Dutch dish of pannhas It is cornmeal mush made with meat stock and cooked ground pork or liver. When it's cold you slice it and either fry it in deep fat or pan dry it in a small amount of fat. Served hot with scrambled eggs, the golden, crisp slices of pannhas are a delicacy most every one likes.

In addition to oatmeal and cornmeal you have all the possibilities of wheat flour for making biscuits with creamed meat. Or you may choose to make a deep dish pie, with one crust to cover a variety of well-seasoned vegetables and small chunks of meat. Another standby is a dish of beef and noodles. When you go shopping the next time look over the grocer's shelves for more cereal and meat ideas.

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